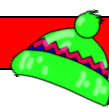


Coming up in December



- Festival of Trees-Thursday, Dec. 1 @ 10:00 AM
 - American Heritage Bell Choir Performance-Friday, Dec. 2 @ 11:00 AM
 - Walmart Shopping Trip-Monday, Dec. 5 @ 12:30 PM
 - Christmas Show featuring Monique Larkin-Thursday, Dec. 8 @ 12:00 PM
 - Traverse Mountain Shopping + Private *Chico's* Party-Friday, Dec. 9 @ 9:00 AM
 - Caregiver Support Group with Terra from Silverado Hospice-Tuesday, Dec. 13 @ 11:00 AM
 - Red Hat Adventure to Springville Art Museum to tour the *Voices* and *Christmas Lamb* exhibitions-Thursday, Dec. 15 @ 9:30 AM
 - Holiday Banquet featuring the "Deci' Belles"-Friday, Dec. 16 @ 11:00 AM
 - CLOSED Friday, Dec. 23 and Monday, Dec. 26 for Christmas Holiday
 - New Years Eve Party-Friday, Dec. 30 @ 11:00 AM
- *Trips have limited seating and are first come first serve. December activities will be available for sign-up on Monday, November 7.

"Coping with the Holidays"

With Rhonda from the Vital Aging Project

Wednesday, Nov. 16
11:00 AM

The holiday season can be a challenging time of year as we are faced with the demands of shopping, parties, decorating and family reunions or missing loved ones. Learn ways to manage and cope more effectively through planning with this joyous yet often hectic time of year.



Transportation

Transportation to and from Senior Programs is available for residents of South Jordan aged 60+ · Call 801-302-1222 to schedule a ride · No fee

Breakfast

Coffee & Toast served Monday-Thursday from 8:30-10:00 AM
Biscuits & Gravy served Friday from 9:00-10:00 AM
\$1.50 suggested donation appreciated

Lunch

Lunch is provided by Salt Lake County Aging and Adult Services · Served at noon · Suggested donation for 60+ is \$3.00 · Suggested donation for individuals under 60 visiting with a senior participant is \$7.00 (actual cost of meal) · Lunch reservations can be made by signing up the Tuesday prior · You may reserve your meal in person or by calling 801-302-1222 · Please call if you need to cancel your lunch reservation · We will do our best to accommodate day-of lunch reservations

IT IS NOT HAPPY PEOPLE WHO ARE
THANKFUL
IT IS THANKFUL PEOPLE WHO ARE
HAPPY

Free Private Legal Consultations

with Terrell R. Lee
Attorney at Law

Every month on the third Friday. Sign up in the office for an appointment.

Senior

Advisory

Committee

Sharon Weeks
Loyd Hefflin
Chic McGowan
Mick Florin
Pat Vogt
Patricia Bassett
City Council Liaison
Don Shelton

Day Directors

Helene Cutolo
Jim Smith
Mary Alice Weber
Carol Rees
Roland Arnold
Carolyn Gunter
Billie Lawrence
Pete Peterson
Sharon Vogrinec
Pat Phelps

South Jordan

Community

Center

Staff

Senior Program Assistant
Jamie Culbertson
Program Assistant
Jennifer Healey
Transportation
Rex Firth
Kitchen Staff
Darla Grebb
Chris Rodriguez
Building Attendant
Catie Scorzato



SOUTH JORDAN
UTAH

South Jordan Senior Happenings

November 2016
Volume 9, Issue 11



Here at the South Jordan Senior Center we are so very thankful to all those who make this center possible. Join us in thanking the Senior Advisory Committee, our Volunteers, the countless City Staff, our Sponsors and of course, all of You!



Veterans Day Luncheon

Thursday, Nov. 10
11:30 AM

In honor of veterans we would like to say "Thank you" and invite you to our annual luncheon. Join us as we welcome our guest speaker-Major Budd Vogrinec and the South Jordan Fire Fighters honoring us with a flag ceremony followed by patriotic piano entertainment by Debra Bowers.

Thanksgiving Banquet

Friday, November 18
11:30 AM

Entertainment by

The Utah Old Time Fiddlers

Enjoy a great time with friends over a traditional Thanksgiving meal complete with pumpkin pie for dessert.



South Jordan Community Center

10778 S Redwood Road · South Jordan, Utah 84095
801-302-1222 · www.sjc.utah.gov



SOUTH JORDAN
UTAH

Information in this newsletter is subject to change at any time.

November 2016 • South Jordan Senior Programs

Su	Mon	Tue	Wed	Thu	Fri	Sat
E V E R Y 	10:00 Wii Bowling 10:30 NIA Exercise 10:30 Shuffleboard 12:00 Lunch 12:30 Ceramics 1:00 Pickleball	9:30 Banjo 10:00 T'ai chi 10:00 Help with Computers 10:00 Strength & Yoga Class 10:00 Wii Bowling *on break* 10:30 Beginning French 12:00 Lunch 12:30 Oil Painting 1:00 Pickleball	9:15 Beginning Line Dancing 9:30 Restorative Yoga 10:00 Wii Bowling 10:00 Crochet & Chat 10:15 Intermediate Line Dancing *on break* 10:30 Advanced French 10:30 Ping Pong 12:00 Lunch 12:30 Ceramics 12:30 Bingo	9:00 Woodcarving 9:30 Guitar Jam 10:00 Wii Bowling 10:00 Crochet & Chat 10:30 Mandolin Lessons 10:30 Gentle Yoga 12:00 Lunch 1:00 Pickleball	9:00-10:00 Biscuits and Gravy Breakfast 9:00 Restorative Yoga 10:00 T'ai chi 10:00 Wii Bowling 10:30 Ping Pong 12:00 Lunch 1:00 Pickleball	
	Salon Services are Open! Caroline available on November 3, 7, 10, 17 & 21. Call 801-577-7594. Kim available Mon, Tues, Wed & Fri. Call 801-895-1576 Salon hours: 9:00 AM-3:30 PM	1	2	3	4	5
			9:30 "Living Well with Diabetes" 12:30 Bingo! Sponsored by Legacy Retirement	9:00 AM-3:00 PM AARP Driver Safety Class \$15 for AARP members \$20 for non-members	10:00 Tour of the Utah State Capitol Building Bring money for lunch	
6 Daylight Saving Time Ends 	7	8	9	10	11	12
	10:00 Watercolor with Sandi Olson \$3	<i>Election Day</i> 11:00 Caregiver Support Group with Terra from Silverado Hospice 12:30 Walmart Shopping Trip	9:30 "Living Well with Diabetes" 12:30 Bingo! Sponsored by Pheasant Run Alzheimer's Special Care Center	11:30 Veterans Day Luncheon Guest Speaker: Major Budd Vogrinec Flag Ceremony by the South Jordan Fire Fighters and Piano Entertainment by Debra Bowers	<i>Closed</i> <i>Veterans Day</i> 	
13	14	15	16	17	18	19
		12:30 Book Club: This months read <i>Spare Parts</i> by Joshua Davis 	11:00 "Coping with the Holidays" with Rhonda from the Vital Aging Project 12:30 Bingo! Sponsored by Jenkins-Soffe	10:00 Red Hat Adventure Natural History Museum Exhibit: <i>The Power of Poison</i> Admission: \$10 plus money for lunch	11:00 Free Private Legal Consultations with Terrell R. Lee <i>Attorney at Law</i> 11:30 Thanksgiving Banquet Entertainment by The Utah Old Time Fiddlers	
20	21	22	23	24	25	26
			12:30 Bingo! Sponsored by Legacy Cottages 12:30 Sewing Hygiene Kits for <i>Days For Girls</i>	<i>Closed</i> 	<i>Closed</i>	
27	28	29	30			
	10:00 Watercolor with Sandi Olson \$3 1:00 Senior Advisory Committee Meeting		11:00 "Keeping Control of your Life" with Jody Davis from <i>Caresource</i> 12:30 Bingo! Sponsored by Sagewood at Daybreak	Lunch is served at noon. The suggested donation for 60+ is \$3.00. The suggested donation for those under 60 visiting with a senior participant is \$7.00 (actual cost of meal)	Transportation to and from Senior Programs is available free of charge for South Jordan Residents ages 60+. Call 801-302-1222 to schedule a ride.	